






# Produce of the Month




## Broccoli






### Nutritional Information

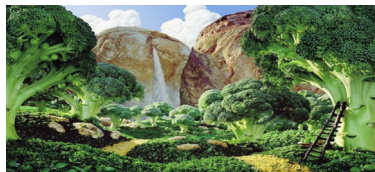
-  Broccoli is rich in Vitamin C, folate, vitamin A, calcium and fiber
-  Broccoli is one of the cruciferous vegetables, a vegetable family that contains phytochemicals which help in cancer prevention
-  Broccoli contains Sulforaphane, a compound that has found to protect the stomach from the ulcer-causing bacteria H. Pylori

### Fun Facts

-  Broccoli has been eaten since the time of the ancient Romans in the sixth century BC
-  Thomas Jefferson was a fan of Broccoli, importing seeds from Italy to plant at Monticello as early as 1767
-  If broccoli isn't harvested on time or isn't cooled right away after harvest, yellow flower heads will develop rapidly, and they are bitter in taste!

### Selecting, Storing, Preparing

-  Choose bright green heads which have the most compact cluster of tightly closed flowers
-  Avoid any yellowing heads and woody stems
-  Store in a vented plastic bag in the fridge for up to 5 days



### Recipes/Ideas

Broccoli tastes great steamed, sautéed, grilled or stir-fried

Broccoli puree can be added to any baking recipe

Add mandarin oranges and cubed mangos to raw or cooked broccoli to make a healthy salad, use orange juice and light ranch as a dressing



For more ideas:

[www.myrecipes.com/kids-approved-broccoli-recipes](http://www.myrecipes.com/kids-approved-broccoli-recipes)  
[www.broccolirecipes.org](http://www.broccolirecipes.org)

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

**Manchester's Message for a Healthier You**